

NOON FITNESS

1200 - 1245 hrs

16 February to 31 March 2026



NO CLASS ON 26 March

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| Monday | <ul style="list-style-type: none">• Circuit Training and Skating |
| Tuesday | <ul style="list-style-type: none">• Indoor Cycling and Skating |
| Wednesday | <ul style="list-style-type: none">• Yoga |
| Thursday | <ul style="list-style-type: none">• Circuit Training and Skating |
| Friday | <ul style="list-style-type: none">• Mobility and Flexibility |

Serving **CAF members** must show their ID card at our Front Desk and obtain an orange program card.

Retired military, military spouses and DND/NPF staff must have a **valid PSP Plan** and have completed the required paperwork prior to attending a class. **Classes are free** and participants must obtain a yellow program card from the front desk, before attending a class. Paperwork must be updated every 6 months.

The program card must be given to the Fitness and Sports Instructor at the start of each class.